

Agility Workout for all Groups 4/18/20

All Groups:

1. Review the IMG Video series posted under the Agility Section on the Workouts page from Youtube even if you watched it last week.
2. 15 minutes of cardio: run, bike, skate, elliptical, stepper, etc...
3. Do the IMG Dynamic Warm Up: 15 squat jumps, 20 second ankle hops, 5 single hops (series)

Workout:

3 Rounds together

JUMPS

15 sec streamline vertical jumps

15 sec standing broad jumps

15 sec lateral bounds

15 sec start jumps (get down into your starting position on the blocks and jump as high and as far as you can)

LINE DRILLS

15 seconds jumps front and back both legs

15 seconds (ON EACH SIDE) jumps alt foot front and back

15 seconds jumps side to side both legs

15 seconds jumps criss cross

12 x Linear Acceleration Drills (fwd + back + fwd) (see video)

Finish by doing Coach Katie's stretching & flexibility.